



EMERGENCY SUPPLIES KIT CHECKLIST

Listed below are recommended items for your emergency supplies kit. Store these items in a plastic storage container or backpack, something you could easily grab and take with if you have to evacuate.

- ☐ Battery-operated portable radio and flashlight
- ☐ First aid kit
- ☐ Extra set of car and house keys
- ☐ Pocket knife, tape, plastic bags with ties, scissors, whistle
- ☐ Candles and waterproof matches
- ☐ List of important phone numbers
- ☐ Plastic tableware and a non-electric can opener
- ☐ Entertainment (i.e., toys, playing cards, games, books)

Store the following occasionally used items near your emergency supplies kit so you know where they are:

- ☐ Sleeping bags and blankets
- ☐ Rain gear
- ☐ Tarp and plastic sheeting

Keep the following items in or near your pantry and replenish them as they are used. Make it a habit to check dates on food, water and batteries whenever you change batteries in your fire detectors.

- ☐ Water – three gallons per person (enough for three days)
- ☐ A three- to five-day supply of non-perishable food (i.e., canned foods and juices, granola bars, dried meats)
- ☐ Extra batteries for your portable radio and flashlight

Keep a list of the following regularly used items taped to the inside of your pantry or broom closet. Be prepared to gather these items quickly in case you have to evacuate.

- ☐ Special items for infants and elderly or disabled family members (i.e., diapers, formula, baby food, insulin)
- ☐ Special items for pets (i.e., food, pet carrier, cat litter, leash)
- ☐ Sturdy shoes or boots and gloves
- ☐ A change of clothing for each family member
- ☐ Medications and important medical information
- ☐ Toilet paper and personal toiletries
- ☐ Extra eye glasses or contact lenses and solution

For more information, call the North Dakota Department of Health at 701.328.2378.